




TOWNSHIP of OCEAN MUNICIPAL ALLIANCE SENIOR EXERCISE & SOCIAL CALENDAR
 All Programs are held in the Waretown Vol. Firehouse 117 Wells Mills Rd (UNLESS **NOTED)
 For more information call Jeanne 609-548-6319 or email recreation@twpoceannj.gov

RSVP requested for All speakers programs: PIZZA & BINGO / WED. WELLNESS / RWJ BARNABAS HEALTHCARE SPEAKERS BUREAU
 Sponsored in part by a grant from GCADA & OCSS SIP & PAINT with SHELLY 1-3pm on 4/5 & 4/19 Registration required EASLE ON DOWN PAINT PARTY 4-27 REGISTRATION
 REQUIRED 1-3pm {THURSDAY FOREVER YOUNG IN THE WARETOWN UNITED METHODIST CHURCH} ALSO IN THE CHURCH WILL BE ALL 11AM SIT N BE FIT CLASSES

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<u>Tropicana Trip 6-30</u> "The Magic of Bette Midler & Barry Manilow Cost \$100pp (\$25 slot credit & show ticket)	ALL SIT n BE FIT classes WILL BE HELD IN THE WARETOWN UNITED METHODIST CHURCH 27 BRYANT RD	Mets vs Phillies Trip May 6th in Philly cost is \$75pp			1	2
3 TOMORROWS SPEAKER RWJB Registered dietician Terri Risley RD.	4 9 am SPEAKER - LIGHT REFRESHMENTS SERVED 11 SIT & BE FIT TAPES	5 930 JAZZERCISE 830 FOREVER YOUNG 12PM CARD/GAMES 1PM SIP & PAINT WITH SHELLY CREATIONS	6 83:0 ZUMBA 9:15 TONING 12PM MAH JONGG IN THE WARETOWN LIBRARY	7 830 DANCE PARTY 930 JAZZERCISE 12 PIZZA & BINGO w Home Instead	8	9
10	11 830 ZUMBA 9:15 TONING 12 LUNCH & BINGO w/ CC at the HAVENS	12 930 JAZZERCISE 830 FOREVER YOUNG NEW ART CLASS: 1pm Hammer & Stain DYI MULTI—SEASONAL HOME SIGN CLASS \$25	13 83:0 ZUMBA 9:15 TONING 12PM MAH JONGG IN THE WARETOWN LIBRARY NO BINGO TODAY	14 830 DANCE PARTY 930 JAZZERCISE IN THE WUM CHRUCH 930 FOREVER YOUNG 11 Sit n Be Fit	15	16
 SENIOR ADVISORY MEETING TOMORROW	18 8:30 ZUMBA 9:15 TONING 10:30 DR. PATEL TOPIC MEMORY OSS	19 930 JAZZERCISE 830 FOREVER YOUNG 12PM CARD/GAMES 1PM SIP & PAINT WITH SHELLY CREATIONS	20 83:0 ZUMBA 9:15 TONING 12PM MAH JONGG IN THE WARETOWN LIBRARY	21 830 DANCE PARTY 930 JAZZERCISE 930 FOREVER YOUNG 11 Sit n Be Fit 12 PIZZA & BINGO 11 Sit n Be Fit	22 12p BINGO WITH SPRING OAKS ASSISTED LIVING— LUNCH PROVIDED	23
24 TOMORROW'S SPEAKER BRAVEN HEALTH 10AM	25 8:30 ZUMBA 9:15 TONING 11 SIT & BE FIT TAPES 10 BRAVEN HEALTH Caring for your aging body	26 930 JAZZERCISE 830 FOREVER YOUNG 12PM CARDS / GAMES IN BARNEGAT REC CENTER	27 83:0 ZUMBA 9:15 TONING 11 SIT & BE FIT TAPES 12 MAH JONGG LIBRARY 1pm PAINT PARTY	28 830 DANCE PARTY 930 JAZZERCISE IN THE WUM CHRUCH 930 FOREVER YOUNG 11 Sit n Be Fit	29 